

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
We Are Virtually Traveling Through Australia. Come travel back in time with us, as we emerge ourselves in Religions, Food, Folk-Stories, Art, Music, Politics and More.				1. 9:00 Sitting exercise with Caren 10:00 Coffee & Morning Chat 11:00 Name That Tune 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Virtual Australia Tour 3:00 Balloon Toss 5:30 Table Talk	2. 9:30 Morning Exercise 10:00 Coffee & Morning Chat 11:00 Sing-a-Long 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Back Down Memory Lane 3:30 Animal BINGO 5:30 Evening Stroll	3. 9:30 Morning Exercise 10:00 Snack & Hydration 1:00 Relax & Refresh Time 5:30 Adult Coloring
4. 9:30 Morning Exercise 10:00 Rosary 1:00 Relax & Refresh Time 2:30 Movie Club Fun	5. 10:30 Yoga with Tim H. –ATR 11:00 Coloring Australia 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Pet Therapy Demian & Pal 3:30 Animal BINGO 5:30 Evening Stroll	6. 9:00 Active Aging Exercise 10:00 Pastor Dale - CH 11:00 Guess The Object 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Arts & Crafts 3:30 Reminisce Corner 5:30 Puzzles	7. 9:30 Morning Exercise 10:00 Catholic Communion 11:00 Rosary w/KK 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Entertainer Greg P. 3:30 Famous Facts 5:30 Sing-a-long	8. 9:00 Sitting exercise with Caren 10:00 Pastor Julia 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Chair Kick ball 3:30 Creative Engagement-MC Choice 5:30 Memory Matching Game	9. 9:30 Morning Exercise 10:30 Coffee & Puzzle Fun 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Movie Club Fun 3:30 Music & Manicures 5:30 Evening Stroll	10. Mother's Day Brunch 
11. Muffins with Mom 	12. 10:30 Yoga with Tim H. –ATR 11:00 Documentary of Australia 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Social Circle 3:30 Animal BINGO 5:30 Evening Stroll	13. 9:00 Morning Exercise 10:00 Pastor Dale - CH 10:45 Coffee & Morning Chat 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Making Snacks 3:30 Toss & Talk Ball 5:30 Evening Stroll	14. Out To Eat 9:30 Active Aging-Music Exercise 10:30 Catholic Communion-CH 11:00 Rosary w/KK –CH 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Name That Tune 3:30 Guess the Object 5:30 Balloon Toss	15. 9:00 Sitting exercise with Caren 10:00 Coffee & Morning Chat 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Chair Kickball 3:30 Aussie Game 5:30 Evening Sitcom	16. 9:30 Morning Exercise 10:00 St. Francis Catholic Mass 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Animal Bingo 3:30 Music & Manicures 5:30 Evening Movie	17. 9:00 Morning Exercise 10:00 Snack & Hydration 1:00 Relax & Refresh Time 5:30 Adult Coloring
18. 9:30 Morning Exercise 10:00 Rosary 1:00 Relax & Refresh Time 2:30 Movie Club Fun	19. Let's Explore The City 1 pm-2 pm 10:30 Yoga with Tim H. –ATR 11:00 Movin & Groovin 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Pet Therapy Demian & Pal 3:30 Animal BINGO 5:30 Adult Coloring	20. 9:00 Active Aging Exercise 10:00 Pastor Dale - CH 10:45 Coffee & Morning Chat 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Making Snacks 3:30 Pass The Pillow 5:30 Word Puzzles	21. MCS LUNCH & MOVIE 9:30 Music Exercise 10:30 Catholic Communion 11:00 Rosary w/KK 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Monthly Birthday Party 3:30 Brain Quest 5:30 Evening Stroll	22. 9:00 Sitting exercise with Caren 10:00 Pastor Julia 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Art Aussie 3:30 Memory Cards 5:30 One On One	23. 9:30 Morning Exercise 10:30 Coffee & Puzzle Fun 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Animal BINGO 3:30 Music & Manicures 5:30 Evening Stroll	24. 9:30 Morning Exercise 10:00 Snack & Hydration 1:00 Relax & Refresh Time 5:30 Adult Coloring
25. 9:30 Exercise 10:00 Rosary 1:00 Relax & Refresh Time 2:30 Movie Club Fun	26. 10:30 Yoga with Tim H. –ATR 11:00 Table Talk 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Pet therapy– Monica & Demian 3:30 Animal BINGO 5:30 Puzzles	27. 9:00 Morning Exercise 10:00 Pastor Dale - CH 10:45 Coffee & Morning Chit Chat 1:00 Afternoon Meditation-Relax & Refresh Time 1:30 Guess the Object 2:30 A Sweet Taste of Aussie 5:30 Evening Stroll	28. 9:30 Active Aging - Music Exercise 10:00 Catholic Communion 11:00 Rosary w/KK 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 House Warming Social 3:30 Animal BINGO 5:30 Evening Stroll	29. 9:00 Sitting exercise with Caren 10:00 Coffee & Morning Chat 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Name That Tune 3:30 Balloon Toss 5:30 Nightly Munch	30. 9:30 Morning Exercise 10:30 Coffee & Puzzle Fun 1:00 Afternoon Meditation-Relax & Refresh Time 2:30 Animal BINGO 3:30 Music & Manicures 5:30 Evening Movie	31. 9:30 Morning Exercise 10:00 Coffee & Match Game 1:00 Relax & Refresh Time 5:30 Adult Coloring

2024 July

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